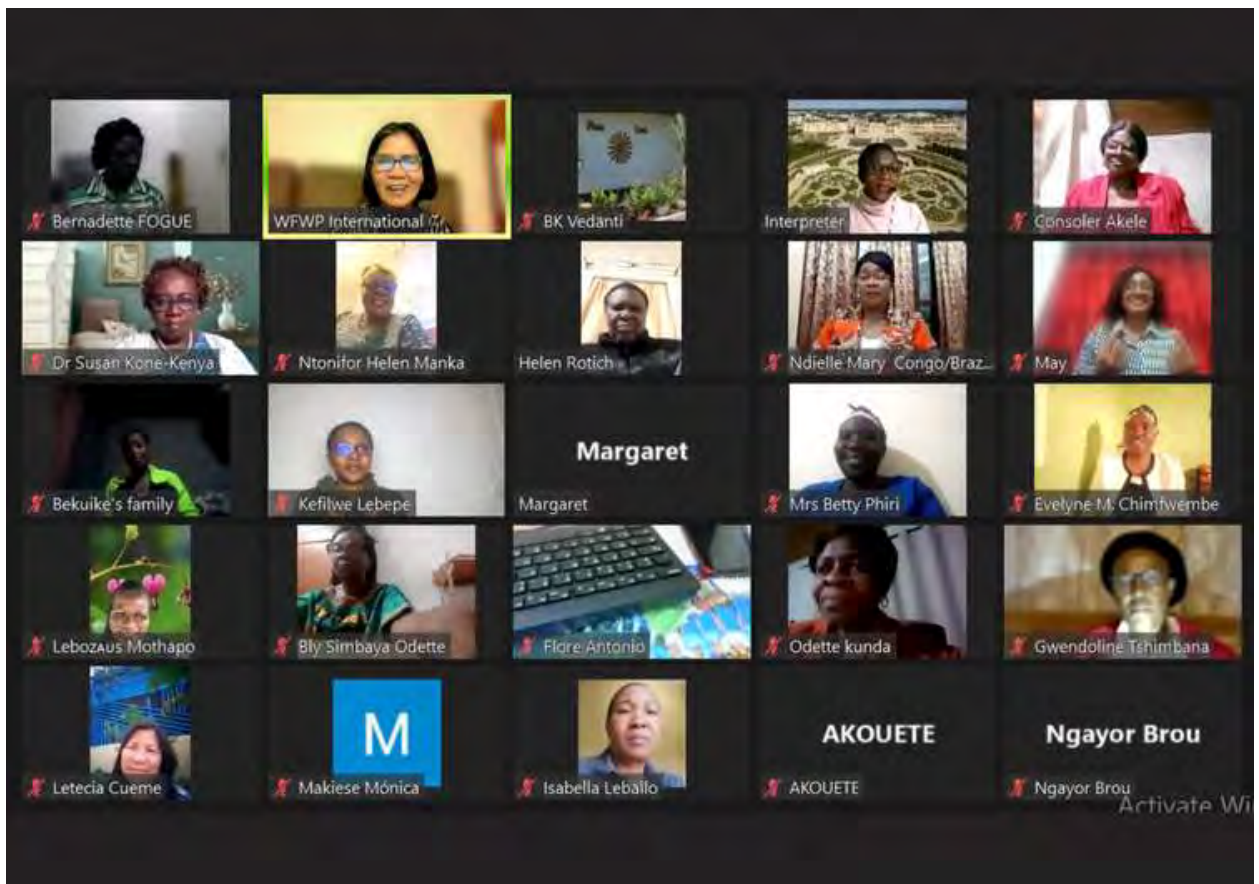


WFP Africa celebrated International Day of Families By Nurturing Inner Peace

Flory Ledwaba
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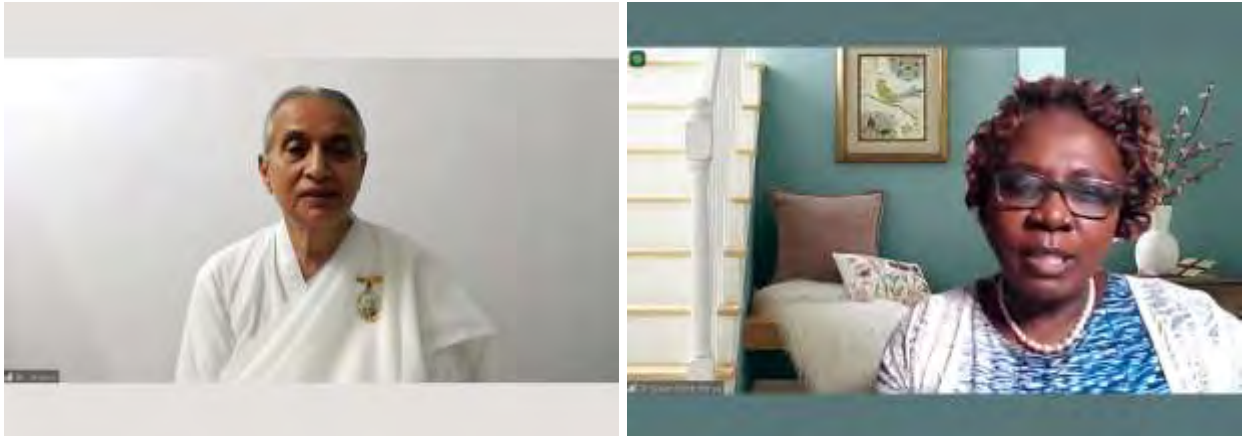


The International Day of Families is a global observance accentuating the family's importance and role in society. Recognized on May 15th each year, this day provides an occasion to celebrate the diversity, unity and values that families bring to communities worldwide. It is a time to reflect on the significance of strong family bonds and promote inclusive and supportive environments for all family members.



This year, WFP Africa celebrated the International Day of Families in a virtual event titled "Nurturing Inner Peace and the Family," on May 15, 2023. Through the program, WFP delved into the goals of fostering healthier and more resilient family structures by nurturing one's inner well-being.

We were honored to have Brahma Kumari Sr. Vedanti, the African Regional Director of the global spiritual movement, Brahma Kumaris. In her talk, she emphasized that we need to remember and connect each day to God, the supreme Father, to experience a deep sense of fulfillment and happiness in life. As parents, we have to be conscious of how we model our behavior to our children. "If we want to change the world," she said, "first of all, we need to achieve inner peace and happiness." Sr. Vedanti then gave a 30 minute talk about different ways to connect with nature and be at peace.



Dr. Susan Kone, the International Vice President of WFWP Africa, gave a warm welcoming address. "In recent times," she said, "there has been a vacuum in raising a peaceful global village, we need to find other alternatives in order for each family to have a fulfilling life." Her address was followed by a video presentation of words from WFWP co-founder Rev. Sun Myung Moon about the family as the school of love.

Mrs. Carroline Mulanga, the Subregional Director of WFWP Central Africa, next gave a comprehensive presentation on the topic, "Family as the Cornerstone for Peace." Lastly, Mrs. Bernadette Fogue, the Education Director of WFWP Africa, gave the closing remarks, emphasizing that "the family is the world's most important institution where we can experience the greatest happiness."

To conclude the program, all participants joined together in singing the song, "We Are Family." Through the virtual event, the 50 participants who attended gained valuable tools to strengthen their own families and communities.

